

QUEEN ANNE COMMUNITY CENTER

Spring 2004



Spring has sprung!

**TIME TO THINK ABOUT
CANDY HUNTS, SPRING
BREAK CAMP,
SUMMER DAY CAMP
REGISTRATION,
AND LOTS MORE!
REGISTER EARLY!**

Special: Girls Day

See Page 8

Program Registration

Mail-in Starts March 15
Walk-In & Phone Start March 29

Program Dates

March 29 – June 20

Holiday Closures

Monday, May 31
Memorial Day



**SEATTLE PARKS
AND RECREATION**

**Queen Anne
Community Center**

1901 First Avenue West • 206-386-4240

[www.seattle.gov/parks/centers/
queenannecc.htm](http://www.seattle.gov/parks/centers/queenannecc.htm)

Queen Anne Community Center

1901 First Avenue West

Seattle, WA 98119

Phone: 206-386-4240 Fax: 206-386-4284

TDD: 206-684-4950

E-Mail Address: queenanne.cc@seattle.gov

WEB: <http://www.seattle.gov/parks/centers/queenannecc.htm>

Visit us online at www.seattle.gov/parks/

Hours of operation

Monday, Tuesday, & Friday 1 – 9 p.m.

Wednesday & Thursday 10 a.m. – 9 p.m.

Saturday (until 5/29) 10 a.m. – 5 p.m.

Sunday Closed

Advisory Council Sponsored Hours*

Monday, Tuesday, & Friday 9 a.m. – 1 p.m.

Wednesday & Thursday 9 – 10 a.m.

* for registered program participants.

Holiday closures

May 31, Memorial Day

Program registration period

Mail-in registration: March 15 – April 10

Walk-in registration: March 29 at 1 p.m. – April 10

Community Center classes begin the week of April 12th, unless otherwise specified. Classes are 10 week sessions, unless otherwise specified.

Program dates

March 29 – June 20

Management Staff

Christopher Williams, *Operations Director*

Kerry Lasko, *Central West Operations Manager*

Facility Staff

Allen Chinn, *Recreation Center Coordinator*

Sheree Seretse, *Asst. Recreation Center Coordinator*

Joe Skalka, *Recreation Attendant*

Ed Haskins, *Recreation Attendant*

Dena Larsen, *Recreation Attendant*

Amy Gonzalez, *Recreation Attendant*

Christine Lesh, *Teen Development Leader*

Tony Jones, *Custodian*

LeRoy Carter, *Custodian*

Special Events/ Overnights

Teen Flashlight Candy Hunt

Instructor: Christine Lesh

Age: 11 to 14

8 – 9 p.m. Apr 9

Fee: FREE Bring your flashlight!

Location: Gym



Kids Spring Candy Hunt

Meet in the community center gym at 9:45 a.m.

Instructor: QACC Staff

Age: 10 and under

10 – 10:30 a.m. Apr 10 FREE

Parent's Night Out

Kids, do you need a break from your parents? Parents, do you need an evening away from the kids? The Queen Anne Community Center's Teen Program is offering once a month Friday night childcare. Your child will have the opportunity to swim (under life guard supervision!), play games, watch movies, do art projects, eat yummy dinners and make new friends. All while you are out enjoying a relaxing night out. Pre-registration is required. Call 386-4240 to reserve your spot. Children will be supervised by both adults and teens.

Instructor: Dena Larsen

Theme: Dinosaurs

Age: 3 to 10 years old

Fee: \$15 (\$25 per pair of siblings)

Location: Room 1/Game Room/Gym

Friday, March 26 5 – 10 p.m.

Friday, April 23 5 – 10 p.m.

Friday, May 21 5 – 10 p.m.

Friday, June 18 5 – 10 p.m.

Arena Sports Soccer Lil' Kickers

Indoor soccer for kids ages 18 months to 4 years of age. A fun introduction for parents and toddlers to explore basic soccer and movement skills together. To register for classes please call:

Seattle Arena Sports

206-762-8606 or e-mail: Ruth Taylor at rtaylor@arenasports.net. You can also visit Arena Sports on the WEB at www.arenasports.net for more information about the Lil' Kickers program.

Bunnies (18 months – 35 months)

Parent & Child Classes include parachute activities, bubbles and lots of goal scoring and the famous cone towers! The class is 40 minutes long.

Thumpers (2 – 3 years) Parent & Child

Play organized games together to develop listening skills, balance, ball skills & foot-eye coordination. The class is 40 minutes long.

Hoppers (3 – 4 years)

A fast-paced, fun exposure to the most popular sport in the world. Classes focus on foot-eye coordination, dribbling, scoring and balance. Hoppers classes will also introduce the concepts of teamwork and cooperation. Hoppers will not play any competitive soccer games. The classes are 50 minutes.

Jackrabbits (3 & 4 Years) Intermediate

Jackrabbits is a class designed for three and four year-olds who have either taken a session of Hoppers or have other soccer experience. Jackrabbits classes will focus on more complex ball skills (trapping and passing). Some small-sided soccer games will be introduced. The student to coach ratio for Jackrabbits is 7:1. The class is 50 minutes.

Instructor: Arena Sports Staff

Location: Gym

Bunnies (18 months – 35 months)

Age: 18 to 35 months

Fridays 11 – 11:40 a.m. Mar 12 – Jun 11

Fridays 1 – 1:40 p.m. Mar 12 – Jun 11

Fee: \$123.50 plus \$35 annual membership fee to Arena sports if your child is not already a member.

Thumpers (2 – 3 years) Parent & Child

Age: 2 to 3 years old.

Fridays 11 – 11:40 a.m. Mar 12 – Jun 11

Fridays Noon – 12:40 p.m. Mar 12 – Jun 11

Fee: \$123.50 plus \$35 annual membership fee to Arena sports if your child is not already a member.

Hoppers (3 – 4 years)

Age: 3 to 4 years old.

Fridays Noon – 12:50 p.m. Mar 12 – Jun 11

Fridays 1 – 1:50 p.m. Mar 12 – Jun 11

Fee: \$143 plus \$35 annual membership fee to Arena sports if your child is not already a member.

Jackrabbits (3 & 4 Years) Intermediate

Age: 3 to 5 years old

Fridays 1 – 1:50 p.m. Mar 12 – Jun 11

Fee: \$143 plus \$35 annual membership fee to Arena sports if your child is not already a member.



Kindermusik

Instructor: Sharon Chang

Sharon Chang has been a musician her entire life. In addition to being trained in classical piano, flute and voice, she has a degree from UCLA in ethnomusicology and has coordinated the music program at local Gymborees. Sharon knew she had found her true calling when she sang to children for the first time and watched their faces light up.

To register please call 206-726-3677.

Village (Newborn – 18 months)

A beautiful class that focuses on strengthening parent-child bonds and creating community through music. Explore props and instruments during Object Play and hold a musical dialogue through singing, chanting and vocal play.

Fridays 11 – 11:45 a.m. Mar 26 – May 14

Fee: \$108 plus \$35 materials fee.

Our Time (18 months – 3 years)

Kindermusik – Our Time (18 months – 3 years)

A fun and exciting class that incorporates a steady stream of musical activities to engage the active toddler! Explore different instruments, discover the body through freestyle dance and movement activities, learn how to fine tune listening skills through Active Listening and hold hands with friends while playing circle games.

Fridays 10 – 10:45 a.m. May 21 – Aug 20

Fee: \$202.50 plus \$35 materials fee.

Baby & Toddler Play Room

Drop in and let your tot play on climbers, in the little kitchen, with blocks, dolls, trucks and other fun toys. Play and socialize with other kids and parents. Escape the rain and enjoy the freshness of a play space that's not your own living room.

Other information:

- Parent supervision required.
- Parents please be responsible for cleaning up after your child.
- Toy donations gratefully accepted. Please leave your toy and a note for Maryam or Eleni at the front desk.
- Older siblings are welcome, however the Playroom will be geared towards ages 3 and under. Those over 3 need to respect the needs of the little ones.

Instructor: Parents or Caregivers

Age: 3 and under

Location: Game Room

Mon – Fri 9:30 a.m. – 2 p.m. Apr 13 – Jun 18

Saturday 10 a.m. – 1 p.m. Apr 17 – May 29

Fee: \$2

Play Gym

If your little one is showing signs of “cabin fever,” bring them into the gym to burn off some energy. The Center provides tricycles, push toys, balls, mats and slide. All this, plus the opportunity to meet other parents or caregivers!

Instructor: Parents or caregivers

Age: 5 and under

Tue, Thu 10 a.m. – Noon Apr 13 – Jun 17

Fee: \$2

Location: Gym

Art with Annie (The Toddler Art Society)

Learn and explore shapes and colors and have fun playing with finger paints, water colors, tempera paints and drawing, with pastels, markers, make collages, self portraits and have fun with noodle art. Annie offers a new class each week; an adult must accompany each child. Please dress in art making clothes.



Instructor: Anne Grgich

Age: 2 to 5 years old

Mondays 10 – 11 a.m. Apr 12 – Jun 7

Fee: \$60 (plus \$15 supply fee)

Location: Room 3

Creative Dance



The purpose of this class is to motivate students and encourage self-confidence. In class, students explore technique by dancing fun combinations of steps across the

floor. Students will find endless fun in exploring movement and gain self-awareness through creative improvisation! Class size 4 – 8 students.

Instructor: Jennifer Barrera

Age: 3 to 4 years

Thursdays 4:45 – 5:30 p.m. Apr 15 – Jun 17

Fee: \$75

Pre-ballet

This class introduces the concepts of rhythm, shape, size, and speed in a fun, energetic environment. Self-expression and creativity are encouraged. Games, songs, props and stories are incorporated throughout the class. Children should wear comfortable clothes and have hair secured; ballet slippers are optional. Parents are welcome to view the first and last class of the session. (Class minimum: 4 students)

Instructor: Darrah Blanton

Age: 3 to 5 years old

Fee: \$90

Thursdays 1:15 – 2 p.m. Apr 15 – Jun 17

Sing and Sign

Studies show that combining music and movement is a powerful tool for learning early language skills! Created especially for parent's and caregivers looking for fun way to introduce Sign Language to their children, Visually Speaking Sing & Sign classes keep them both the child and adult in the mind while taking the difficulty out of learning a new language! Based on the award-winning "Sign with your Baby" program, Visually Speaking Sing and Sign classes are taught by members of the Deaf community, providing both an educational and cultural experience!

To register 206-282-7571 or e-mail at echo@visuallyspeaking.info.

Instructor: Melissa "Echo" Greenlee

Age: 3 to 6 years old. (younger and older children welcome to attend)

Fee: \$50 per Parent/Child & \$10 per additional children.

Session I

Mondays 11:15 a.m. – Noon Apr 12 – May 3

Session II

Mondays 11:15 a.m. – Noon May 10 – Jun 7

Preschool Stars Program

The mission of the preschool stars program is to provide a healthy and safe environment that supports each child's personal and intellectual development. This exciting learning environment has a daily schedule that supports the developmental needs of the group. Experiences that promote individual, family and cultural identity will be incorporated into the curriculum. Activities include reading, writing, art, music and creative play. Staff to student ratio is 1:8.

Our director, Allison Sundet, a University of Washington graduate, has 2 years of lead teacher experience at a developmental learning center for preschoolers. Allison's personal philosophy in working with children is providing nurturance, support, positive reinforcement, patience and respect. For more information call 386-4240 and ask for Allison Sundet.

REGISTER NOW!

FOR 2004 – 05 SCHOOL YEAR

Instructor: Allison Sundet

Age: 3 to 5 years old

Fee: \$150 per month

Location: Room 2

MWF 9:30 a.m. – Noon Apr 2 – Jun 18

the course of the school year (except holidays and school breaks). Pick-ups are at Coe, Hay, and St. Anne's Elementary Schools.

Monday – Friday 3 PM – 6 PM

Program Fee: \$230/month

Other Fee: \$50 Annual Supply Fee (one-time fee) plus additional fees for in-service days, school breaks, late payment and late pick-ups.

Age: 6 and up

Mon – Fri 3 – 6 p.m. Apr 1 – Jun 17

Summer Day Camp

Plan ahead, registration for the 2003 – 2004 Queen Anne Summer Day Camp is March 29th. Each of the 11 weeks has a theme such as "Water Play" or "Environmental Stewardship". You may sign up for as many or as few weeks as you like. Ages: 6 – 11. There is a one time supply fee of \$25 and a deposit required of \$25 per week. Please note the deposits are non-refundable and non-transferable.

Director: Allison Sundet

Age: 6 to 11 years old

Mon – Fri 7:30 a.m. – 6 p.m. Jun 21 – Sep 3

Fee: \$135 per week

Week #1 Jun 21 – Jun 25

Week #2 Jun 28 – Jul 2

Week #3* Jul 6 – Jul 9

***No Camp July 5th**

Week #4 Jul 12 – Jul 16

Week #5 Jul 19 – Jul 23

Week #6 Jul 26 – Jul 30

Week #7 Aug 2 – Aug 6

Week #8 Aug 9 – Aug 13

Week #9 Aug 16 – Aug 20

Week #10 Aug 23 – Aug 27

Week #11 Aug 30 – Sep 3

Out of School Care/ Camps

After School Program

The mission of the After School Program is to implement program activities which promote self esteem, self-awareness, conflict resolution, self-control, and decision making abilities. To encourage children to develop socially, emotionally, intellectually and physically. To educate about nutrition, health and personal safety. We will experiment, create, and explore our world to the fullest. The program will run

Youth Programs

7

Martial Arts

Kung-Fu – Kiddie

A great introduction to the art of Kung-Fu. This high energy class will stress fun!!!!!! Builds self-confidence, concentration, coordination and balance in young people. Class fee includes T-Shirt.

*Class minimum 6 students.

Instructor: Renee Ragaza-Miller

Age: 5 to 8 years old.

Saturdays 10 – 11 a.m. Apr 10 – May 29

Fee: \$50

Location: Stage

Performing Arts & Dance

Move Over Mozart

Here is a piano program designed especially for kids! Children progress from learning to play simple familiar tunes on the keyboard, along with reading music and music theory, in a fun, interactive group setting. These musical activities not only teach piano playing skills, but also promote feelings of accomplishment, self-confidence and joy.

To Register Contact:

Move Over Mozart, 12311 NE 147th Ct. #2B,
Kirkland, WA 98034

425-415-6520 or 206-227-1611



E-mail: momozart@juno.com

Thurs April 1 – June 10 No class 4/8

Instructor: Move Over Mozart Staff

Fee: \$79

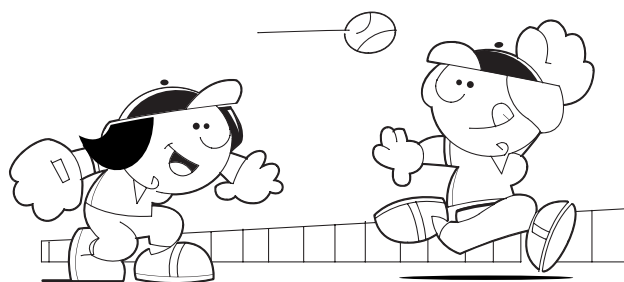
Location: Room 1

Ages 3 – 4 years 5 – 5:30 p.m.

Ages 5 – 6 years 5:30 – 6 p.m.

Ages 7 – 8 years 6 – 6:30 p.m.

Ages 9 – 12 years 6:30 – 7 p.m.



Athletics

T-Ball (ages 5 – 6)

A co-ed program for the skill development and instruction. Fun fundamentals with soft balls and batting tee. Participants must be at least 5 years old by July 31, 2004. Numbers are limited.

Registration Starts May 1st

Games are on Fridays starting July 9th at 5:00 p.m. or 6:00 p.m.

Instructor: Volunteer Coaches

Age: Participants must be at least 5 years old by July 31, 2004

Fee: \$50

Location: West Queen Anne Playfield

Mon, Wed 4 – 5 p.m. Jun 21 – Aug 13

Tue, Thu 4 – 5 p.m. Jun 22 – Aug 13

Girls Sports Day

Girls ages 8 to 12 years, have a day of your own. Rotate through four groups of activities, which include basketball, softball, soccer and martial arts. Learn, experiment and try new activities. You never know what may be your next life adventure and passion!

Instructor: Staff

Age: 8 to 12 years old.

Sunday, May 16

9 a.m. – 1 p.m.

Fee: \$5

Summer Basketball League

Young men and young ladies, here's a great way to spend your summer keeping those basketball skills alive. Get your team together and participate in the Queen Anne Community Center Summer Youth Basketball League. Teams can be Boys, Girls, or Co-ed. Age is based on players age as of 8/31/03.

Gender: Boys, Girls, or Co-ed

Ages: 10 – 17 in separate age groups

Format: 8 team leagues, top 4 advance to playoffs

Nights of Play:

10 – 11 yr. olds – Mondays

12 – 13 yr. olds – Tuesdays

14 – 15 yr. olds – Wednesdays

16 – 17 yr. olds – Thursdays

Mixed ages – Fridays

League play will start the week of June 21st.

Registration:

1. Registration starts April 1st and ends May 31st. A \$200 non-refundable deposit required.
2. \$575 per team (\$625 if registration is after the May 31st deadline), credit card, check or money order (only) payable to: Queen Anne C.C. Advisory Council. #16
3. No refunds or transfers.

4. Rosters and birth verification will be needed for each team.
5. We will adhere to Seattle Parks and Recreation's Youth Basketball Rules and Sports Code of Conduct.
6. Teams must supply their own numbered uniforms.

For More Information, Please Call 386-4240

Age determined by how old the player was on August 31, 2003.

Age: 10 to 17 years old

Mon – Fri Jun 21 – Aug 13

Fee: \$575 per team.

Location: Gym

Skyhawks Sports Camp

These programs teach the fundamental skills of each sport using fun games and exercises. Through small group activities and scrimmages, players apply newly learned skills and strategies to their game. Please visit SKYHAWKS on-line at: www.skyhawks.com or call 1-800-804-3509.

Please mail all registration checks to:

SKYHAWKS

15100 SE 38th ST, 101-#783

Bellevue, WA 98006

Volunteer Coaches Wanted!

For basketball, T-ball and Volleyball. Coaches for other sports welcome as well. Volunteer as a coach and be a hero to the youth in our community. Experience not necessary. Training will be provided by staff. A 2 – 5 hour per week commitment and a love for kids is all that is required. If you are interested, please call Allen or Sheree at 386-4240. You will be required to complete a Washington State Patrol Background Check.

Teen Programs

9

Teen Programs

The Queen Anne Community Center is currently providing excellent teen programs. Teen Development Leader: Christine Lesh

The Teen Program is a DROP-IN program for teen's ages 11 – 18 years old. We are open Monday – Thursday 2:30 – 7:30 p.m. and Fridays until 9 p.m. We have fun stuff like pool, games, open gym, movies, PS2 and a great computer lab or just come in and hang out with friends. We also offer structured activities daily, such as workshops or field trips. It costs nothing to attend the program, although some events such as field trips have a fee. Check out our monthly calendar to find out about upcoming activities and field trips.

Please note: Some programs require pre-registration and may be cancelled if minimums aren't met. During "DROP-IN" activities participants may come and go; supervision is provided inside and during the event, but not outside or after the event.

Age: 11 to 17 years old

Mon – Fri 2:30 – 7:30 p.m.

Fee: FREE

Instructor: Christine Lesh

Location: Teen Room

Do you need service learning hours to graduate?

A plethora of activities exist for you to get involved in the community! Come help organize a beach clean-up or can food drive, lend a hand at Community Center special event or many other projects. Whether it's to fulfill community service requirements for school, or just to lend a helping hand to those in need, give us a call.

Teen Advisory Group (TAG)

Held monthly, third Wednesday, in conjunction with the Teen Room, this is your opportunity to get more involved and have a say in what effects teens in the Queen Anne area. Come share your thoughts and ideas, help plan programs, and stay informed on what's coming up in our community.

Youth /Teens

Upcoming Special Events

Youth Appreciation Week April 5 – April 9

Teen Flashlight Candy Hunt April 9 8 – 9 p.m.

Summer Teen Club Registration Call for details

Cartooning Workshop



A unique opportunity for kids of any skill level to learn the basic techniques of cartoon drawing from local editorial cartoonist Jeff Johnson. The class emphasizes developing each child's own style in a positive, encouraging environment. Techniques covered

include character development, expressions, action/movement, layout, background, perspective, shading and much more. Bring unlined bond paper, pencils, eraser, sharpener, ruler, an extra fine point black Sharpie marker, come join the FUN!

To register please call Jeff or Karen at 425-556-9255 or e-mail jjartworks@earthlink.net

Instructor: Jeff Johnson

Class minimum is 10 and a maximum of 15 students.

Instructor: Jeff Johnson

Age: 9 to 15 years old.

10 a.m. – 1 p.m. May 15

Fee: \$35

Location: Room 1

Basketball Open Gym – Adults

This schedule is in effect for the spring quarter. It is also subject to last minute changes due to facility issues, floor refinishing, program relocation, special events, etc... Please call 386-4240 to verify the open gym times. Schedule may change due to youth sports team practices or games.

Age: Adults

Fee: \$2 before 1 p.m.; Free after 1 p.m.

Location: Gym

Mon, Wed 1 – 2:30 p.m.

Tue, Thu Noon – 2:30 p.m.

Weight Room

Lift those weights, ride that bike and pump that iron! This weight room has a variety of equipment, convenient access, and is very affordable.

Mon – Fri 10 a.m. – 8 p.m. Apr 12 – Jun 18

Fee: \$35 Plus, sales tax of \$3.08

Location: Weight Room

Saturdays 10 a.m. – 4 p.m. Apr 17 – May 29

Fee: \$35 Plus, sales tax of \$3.08

Women's Self-defense Workshop – I

This workshop will have content directly related to real world situations. Learn basic blocks, strikes, kicks and escape techniques.

Learn and ask questions about other personal protection options. Learn to use “purse weapons” and your surrounding environment for self-defense tools. Use of a special “Redman” instruction suit will assist in developing striking and kicking techniques with a live human



target. Participants should wear comfortable, loose clothing. Tennis shoes are a must. Water bottles and towels also recommended.

Instructor Grandmaster Allen J. Chinn has 39 years of experience in the martial arts and has been instructing personal self-defense workshops for over 23 years.

Mon, Wed 7 – 8:30 p.m.

Apr 5 – Apr 7

Fee: \$35

Location: Stage/McClure Gym

Self-defense Workshop for Guys

Ever wonder what you could, or would do in a physical confrontation? This workshop is geared for you guys!!! Basic blocks, strikes and kicks will be taught. Targets of the body and various counter offensive techniques will be instructed. The class will have focus targets, heavy bag work, and the use of a Redman protective armor suit. Fun, informative and practical.

Instructor Grandmaster Allen J. Chinn has 39 years of experience in the martial arts and has been instructing personal self-defense workshops for over 23 years.

Instructor: Allen Chinn

Mon, Wed 7 – 8:30 p.m.

May 3 – May 5

Fee: \$35

Location: Stage/McClure

Pilates

This class is designed to strengthen, lengthen, and tone the body through a unique mind-body exercise regimen. The class is geared for adults engaged in low to high impact exercise.

*Class minimum 6 students.

Instructor: Siv Gilbertson

Wednesdays 11 a.m. – Noon Apr 14 – Jun 16

Fee: \$60

Location: Room 3

Adult Programs

11

Arts & Culture
Sport & Fitness

Pottery Beginning

Learning to make cylinder and bowl forms on the potter's wheel is the focus in this class. As students develop more control of the clay other forms and some variation of forms will be demonstrated. Instruction also includes glazing, decorating and basic materials and maintenance. Cone 5 stoneware clay and glazes are used in this class. Additional supply fee includes 25 lbs. of clay, glazes and firings.

*(Note) Pottery classes are not designed for production work.

Limit of 8 students.

Instructor: Joan Johnson

Wed 5:45 – 8:45 p.m. Apr 14 – Jun 16

Fee: \$125 (additional \$40 supply fee is also required)

Location: Pottery Room

Pottery Intermediate

Instruction in a variety of techniques for shaping pots on the potter's wheel is the main focus in this class. Decorating, altering forms and hand-building techniques will be instructed as needed for the group. Instruction includes kiln loading, studio maintenance and glaze mixing. Cone 5 stoneware clay and glazes are used in this class. Students must have taken three beginning classes to take this class, or permission from the instructor. Additional supply fee includes 25 lbs. of clay, glazes and firings.

*(Note) Pottery classes are not designed for production work.

Limit of 10 students.

Tuesdays 5:45 – 8:45 p.m. Apr 13 – Jun 15

Fee: \$125 (additional \$40 supply fee is also required)

Marimba Beginnings

Here is your opportunity to learn traditional and contemporary marimba music of Zimbabwe. Marimba are xylophones made with keys of various hardwoods.

Instructor: Sheree Seretse

Thurs 7:30 – 8:30 p.m. Apr 15 – Jun 3

Fee: \$125

Location: Room 1

Capoeira

Capoeira involves movements, music and elements of practical philosophy that started in Brazil more than two hundred years ago. It is a combination of martial arts and dance accompanied by unusual instruments, including the berimban, atabaque (a drum), agogo (a double bell) and a tambourine. Together, these form an ensemble of instruments which inspire solos and collective singing in a call and response dialogue. Ages: 8 and older.

Instructor: Marcos Fernandes (Risco)

Age: 8 and above

Tue, Thu 5:30 – 7 p.m. Apr 13 – Jun 3

Fee: \$80

Location: Room 3

Hurk Choo Kwan Hapkido

A Korean martial arts of self defense which focuses on the techniques of joint locks, pressure point manipulation and preventive defense.

Instructor: Eddie Arnold III and Angel Kimball

Mon, Wed 7 – 8:30 p.m. Apr 12 – Jun 16

Fee: \$100

To register please call 206-265-3318 or 206-265-3319

Kung-Fu – Eight Animal

Learn the secrets of true Chinese martial arts. Develop speed, power, coordination and discipline through the art of Yee Jong Pai Kung-Fu. Learn the effective, classical techniques from the style of Eight Animals and Eight Methods. Fluid, flowing power and specialty techniques will be developed by the practitioners. The instructor is the Chief Instructor of this highly effective martial art.

Instructor: Shawn Miller

Age: 8 & Above

Tue, Thu 7 – 8:30 p.m. Apr 13 – Jun 17

Fee: \$70

Location: Stage/Room 3

Tai Chi (Yang Style)

Tai Chi – I:

Sifu Blake Emery teaches the official Taiji curriculum of the Chinese Wushu Association. This class teaches the fundamental movements of 24 Form Taiji and applications. For beginners and people with previous experience.

Sat 11:30 a.m. – 12:30 p.m.

Apr 10 – May 29

Tai Chi – II/III:

By permission of the instructor only. This class works on the 24 form Taiji, as well as beginning short and long weapons.

Class minimum, 6 students.

Sat 10:30 – 11:30 a.m. Apr 10 – May 29

Instructor: Blake Emery

Adults

Fee: \$40 8 week class

Location: Room 3

Wushu – Traditional (Beginning/Intermediate)

Learn the traditional Chinese martial art styles of Long Fist and Northern Praying Mantis. Curriculum includes basic martial arts training, empty hand forms, weapon forms, and applications.

Traditional Long Fist is a dynamic Chinese martial art system that trains long range movements, flexibility, and explosive energy. Long Fist is also a very eloquent martial arts system that is used in many performing arts and movies today.

Northern Praying Mantis is a highly practical and effective self-defense system that incorporates striking techniques, joint locks, and throws. Students will learn about traditional Mantis forms, human body mechanics, self-defense strategies, and fighting tactics.

Instructor: Nelson Tam

Fee: \$85

Location: Stage Room 3

Wed 7 – 8:30 p.m. Apr 14 – Jun 2

Sat 1 – 2:30 p.m. Apr 10 – May 29

Falun Gong

Learn this advanced system of cultivation and practice designed to improve the function of one's mind and body.

- Powerful 12 Qigong (Chi Kung)
- Meditation System
- Stress Relief
- Improved Health

Instructor: Matthew Wang

Fee: FREE

Tuesdays Apr 13 – Jun 15 10 – 11 a.m.

Location: Room 3

Saturdays Apr 10 – May 29 11 a.m. – Noon

Location: Room 2

Adult Programs

13

Life Skills

First Aid, Health & Safety

C.P.R.

This course tells you what to do in the event of a respiratory or cardiac arrest. The instructor is a member of the Seattle Fire Department. Please register at least 3 days before class starts. Please call 206-386-4240 to register or for more information please call Medic-2 at 206-684-7274.

Instructor: Al Wakkuri

Fee: FREE or Donation

Location: Room 1

Beginners	Tues, Apr 13	7 – 9 p.m.
Refresher	Tues, May 11	7 – 8:30 p.m.
Infant/Child	Tues, May 25	6 – 9 p.m.
Beginners	Tues, Jun 8	7 – 9 p.m.

Dog Obedience – Puppy Manners

4-week class for puppies 8 – 14 weeks old. This class will start your puppy in basic obedience, early socialization, and good puppy manners. We will cover common behavior issues like house training and crate training, jumping, biting and mouthing, and more. Please bring vaccination records, tasty treats, and regular 6-foot leash (no retractable leashes please) to class.

Instructor: Susan Oshie, Licensed Veterinary Technician, member of the Association of Pet Dog Trainers

Age: 8 & Up

Location: Room 3

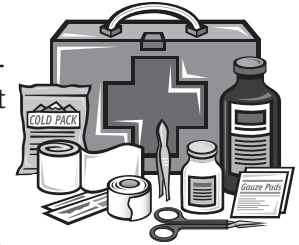
Saturdays	Mar 13 – Apr 3	3 – 4 p.m.
Saturdays	Apr 10 – May 1	3 – 4 p.m.
Saturdays	May 8 – May 29	3 – 4 p.m.

For puppies 8 – 16 weeks old.

Fee: \$60 To Register please call 206-601-0516

First Aid & C.P.R.

This 8 hour course teaches you techniques of First Aid. Learn how to handle emergency situations and injuries. Three year American Red Cross First Aid certificate and one C.P.R. certificate is obtainable through this course. Fees are paid to Red Cross. To register please call 206-726-3534.



Instructor: Red Cross Staff

Fee: \$45 To Register please call 206-726-3534

Location: Room 1/Game Room

Tue, Apr 13 & Thu, Apr 15	4:30 – 8:30 p.m.
Tue, May 18 & Thu, May 20	4:30 – 8:30 p.m.
Tue, Jun 15 & Thu, Jun 17	4:30 – 8:30 p.m.

Dog Obedience Basics

7-week class for puppies 12 weeks or older. This class covers basic obedience commands such as come, sit, stay, down, wait, drop-it, and walking on leash. Learn about pack structure and how your dog thinks and learns. You will learn how to effectively communicate with your dog with verbal cues and hand signals with positive reinforcement methods. We will have a supervised playtime after class. Please bring proof of vaccination, tasty treats, and regular 6-foot leash (no retractable leashes please) to class.

Instructor: Susan Oshie, Licensed Veterinary Technician, member of the Association of Pet Dog Trainers

For dogs 4 months and older.

Age: 8 & Up

Tuesdays Mar 2 – Apr 10*	7 – 8 p.m.
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***Last class will be Sat, Apr 10 from 4–5 p.m.**

Tuesdays Apr 13 – May 25	7 – 8 p.m.
Tuesdays Jun 1 – Jul 13	7 – 8 p.m.

Fee: \$100 To Register please call 206-601-0516

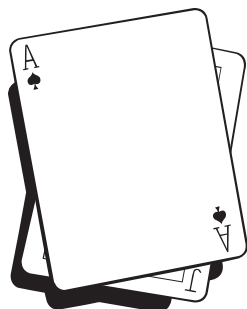
Game Room Card

Instructor: Staff

Fee: \$5 for 10-week pass

Mon – Fri 4 – 8:30 p.m.

Saturdays 1:30 – 4:30 p.m.



Game Room Drop-In

Fee: \$1 per day

Mon – Fri 4 – 8:30 p.m. **Apr 1 – Jun 18**

Saturdays 1:30 – 4:30 p.m. **Apr 1 – Jun 18**

HUGS (Help, Understanding, and Group Support – For All Ages)

A motivational peer support group for weight management. Emphasis on good nutrition and behavioral change. No fad diets!!

Instructor: Pat Barger

Fee: \$10 per month

Location: Room 1

Tuesdays 10:15 – 11:15 a.m. **Apr 13 – Jun 29**

Pickleball For Seniors

Join your neighbors playing this fun racquet sport that will give you a real workout. Great fun and good competition too!

Mon, Wed 11 a.m. – 1 p.m. **Apr 12 – Jun 16**

Fee: \$2

Location: Gym

Circuit Training

14 training stations to improve skill, strength, and knowledge using weight machines. (Class limited to 14 people, first-come, first-served.)

Instructor: A. Allen

Age: 55+

Fee: \$27

Location: Weight Room

Tuesdays 9 – 10:15 a.m. **Apr 6 – Jun 18**

Thursdays 9 – 10:15 a.m. **Apr 8 – Jun 18**

P.A.C.E.

P.A.C.E = People with Arthritis Can Exercise
PACE is a program designed specifically for people with arthritis

Instructor: T. Pretare

Wednesdays 10 – 11 a.m. **Apr 7 – Jun 18**

Fee: \$22

Location: Room 3

Senior Aerobics

Time to re-energize and feel better. Certified instructors teach our low impact aerobic classes.

Age: 55+

Fee: \$18

Location: Gym

M. Huber **Monday** **9:30 – 10:30 a.m.**

M. Huber **Wednesday** **9:30 – 10:30 a.m.**

J. Shearer **Friday** **9 – 10 a.m.**

Yoga And Meditation

Gentle stretching to keep limber and build muscles. All skill and fitness levels, wear Comfortable clothes.

Age: 55+

H. Smith **Thursday** **11 a.m. – Noon**

Fee: \$22

Location: Room 3

Senior Adult Programs

15

Bingo

Bingo Bug! Have you caught it? Come and play with us every week. Try your luck and you may win a prize.

E. Armstrong Thursday 10 – 11 a.m.

Fee: FREE

Location: Room 1

Bridge

Intermediate Bridge Classes and Open Bridge Play

Open Bridge

Weekly games for experienced players. Call Dean and Nancy McPhaden, 282-8331, to sign up for a 4-some. No bridge on the last Monday of the month; 4/26, 5/24, 5/31, 6/28.

Age: 55+

Monday 2 – 4 p.m. Free

Fridays 1 – 4 p.m. Free

Location: Room 1

Intermediate Bridge

G. Weaver Friday 10:30 a.m. – 12:30 p.m.

Fee: \$30

Special Events

Please Call Tim at 206-684-4240 to reserve your space for the following Special Events.

Laughter Experience

Learn and enjoy the immense health benefits of laughter through a series of laughter and deep breathing exercises.

Tuesday Apr 6 – Jun 15 1 – 2 p.m.

Fee: FREE

Monday Meals

Nutritious meals every Monday. First come first serve, make reservations (required) at the Community Center. Menu available in advance by request, subject to change.

Please call Tim at 206-684-4240 for complete details.

Age: 55+

Location: Room 1

Spaghetti Feed & Old Time Fiddlers

Monday, April 12 11 a.m. – 1 p.m.

Fees: \$5

Monday Meals

Monday* Noon – 1 p.m. Apr 19 – Jun 18

***No lunch 5/31**

Fee: \$3

Crafty Ladies

Drop in to work on your own project or learn a new craft, socialize and make new friends. Sewing machines, supplies are available.

Instructor: Pat Barger

Thursday 2 – 3:30 p.m. Apr 1 – Jun 24

Fee: FREE

Location: Room 1

Watercolor Painting

Bring your paints, brushes and joy of painting. A demonstration after each lesson with lots of guidance. All skill levels welcome.

J. Dodds Wed. 10:00 – 12 noon Queen Anne

Instructor: J. Dodds

Age: 55

Wednesdays 10 a.m. – Noon Apr 7 – Jun 18

Fee: \$60

Location: Room One



All Ages

Bike Helmet Sales

Recent legislation requires all bicyclists to wear bike helmets. Beginning May 15 and continuing the third Saturday of each month through September, Seattle Parks and Recreation, in cooperation with Cas-

cade Bicycle Club Education Foundation, will conduct bicycle helmet sales at affordable prices. Sales will occur on all dates at Queen Anne Pool, Meadowbrook Pool, Green Lake Recreation Complex, Medgar Evers Pool, and Rainier Beach Recreation Complex. Sales will occur May – July at Southwest Recreation Complex and August – September at High Point Community Center.



ENVIRONMENTAL STEWARDSHIP

Earth Day • 2004

Thursday, April 22 is Earth Day!

Seattle Parks and Recreation invites you to celebrate Earth Day at a park or community center near you. We have more than 150 opportunities for you and your family to explore, learn about, or care for your world. Here are just some of the ways you can enjoy this month-long celebration (April):

- Go for a walk in over 5,000 acres of Seattle's parks
- Alternative Fuel Car Rally (4/10) at Discovery Park (733-9434)
- Living with Beavers workshop at Meadowbrook Community Center (4/27) (684-0877)
- Senior Adult Work Party and Lunch - Carkeek Pk (4/22) (233-7138)
- Nature Tot Walks for families at Camp Long (684-7434)
- Adopt your neighborhood park (684-4075)
- Seattle Aquarium's Family Science Day (4/24) (386-4300)
- Take a Backyard Habitat Gardening class (4/17) (684-0877)
- EarthCorps Ivy Removal at Cheasty Blvd (4/17) (322-9296x217)

To learn more, please call 684-4075, or Adam Cole, 733-9701, <http://www.seattle.gov/parks/Environment/earth.htm>

Lead a
Spring Clean
neighborhood
cleanup project
where you live or
work.

Seattle
 Public
Utilities

March 27 May 15

Call:
233-7187, or:
<http://www.cityofseattle.net/util/ept/springclean/>

You can make a difference!

The Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held at 7 p.m. on the second Tuesday of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff at 206-386-4240.

Most classes, workshops, sports, special events, and facility rentals are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

Advisory Council Officers

Patricia Barger, Chairperson; Deb Artis, Vice-Chairperson; Romi Gordon, Secretary; Anne Sustar, Treasurer; Ed Artis, Member; Doug Hebert, Member; Eleni Ledesma, Member; Maryam Mohit, Member; Mort Schafer, Member; Eileen Cripe, Member.

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities.

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Rentals

Queen Anne Community Center is available most weekends and during non-program hours for wedding receptions, family reunions, birthday parties or special events. The Center has a gymnasium, small kitchen, and a game room. Please call 206-386-4284.

For information about room rentals, please view our facility rental brochure.

(<http://www.seattle.gov/parks/reservations/facrentalguide.htm>).

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for more information about programs for special populations, please call 206-684-4950.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to our Advisory Council.

Please note: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of \$1 per class, \$1.50 per workshop, and \$1.30 per participant in each athletic game, paid to Seattle Parks and Recreation to defray operating costs. People 60 and older are not charged these user fees unless there is a stated senior fee for a particular class. Class and program fees include Washington State sales tax where applicable.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify

you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Notice to Participants

Due to severe budget cuts for Seattle Parks and Recreation, the Department can no longer pay to keep the Community Center open during weekday hours from 9 a.m. to 1 p.m. except for a total of 6 discretionary hours per week. Many members of our community use the Center during this time. In order to keep the Center open, the Queen Anne Community Center Advisory Council must pay for the remaining 14 hours per week. Many of our morning programs have been provided by the Community Center and the Advisory Council as free programs. Due to the cost of operating the Center for the additional 14 hours, we can no longer provide the morning programs unless we charge a "building use" fee. This fee is intended to cover part of the operating costs. We will also seek contributions from providers of fee-based programs offered during these hours to cover the rest of the cost. The building use fee approach is being run as a pilot program at Queen Anne. Different approaches may be pilot tested at other community centers as the Department and Advisory Councils attempt to maintain a full range of services for citizens in the face of these very severe budgetary constraints. The Advisory Council will also look for other ways to raise the funds to cover the affected hours. How will the building use fee pilot program work? Effective May 1, 2003, any person entering the Queen Anne Community Center to participate in a previously free program or activity between 9 a.m. and 1 p.m., will be charged a \$2 building use fee. **Which programs and activities are affected?** Any activity or program for which there is no published tuition or service fee and which occurs between the hours of 9 a.m. and 1 p.m. Some examples are open bridge, bingo, toddlers' gym, drop-in basketball and shower/locker room use. **How do I pay the fee?** There are two ways to pay the \$2 use fee. You can buy a discounted punch card from the Center's front desk which gives you 6 visits for \$10 or 12 visits for \$20. Alternatively you can pay \$2 in cash. Exact change only please for either transaction. **What if this poses a hardship for me?** Despite the budget shortfall, we want the Queen Anne Community Center to be available to all. In the event of financial hardship, you may request scholarship. The request will be evaluated by the facility coordinator, or his designee. Please inquire at the front desk

SEATTLE PARKS & RECREATION PROGRAM REGISTRATION FORM

in partnership with the Associated Recreation Council

This form is for NON-Day Camp programs *only*. Ask recreation staff for day camp registration forms as needed.



Registration Procedures:

1. Please complete registration form entirely.
2. Payment **MUST** accompany registration.

Family Information: (Please complete for the **adult** who is financially responsible for the **family account**.)

(ADULT) Name: _____ Sex: Male Female
Last First MI (Circle One)

(ADULT) Birthdate: ____/____/____ Email Address: _____
mm/dd/yyyy

Street Address: _____ City: _____ State: _____ ZIP: _____

Phone - eve: (____) _____ day: (____) _____ other: (____) _____

Family Emergency Contact: _____
Name Phone Relation

☐ **PARTICIPANT info differs from above.** How does it differ? _____

PARTICIPANT <small>(please print full name)</small>	M/F	BIRTHDATE <small>(mm/dd/yyyy)</small>	COURSE TITLE <small>(Non-Day Camp Activities ONLY)</small>	1 ST CHOICE		ALTERNATE		AMOUNT	Staff Use Only
				DATE(S)	START TIME	DATE(S)	START TIME		
								\$	
								\$	
								\$	
								\$	
TOTAL								\$	

*Acceptance of this request does not guarantee enrollment into a class (see back for more information).

How would you like to pay?

Person making payment _____
(required for proper refunding)

**PLEASE INCLUDE
PAYMENT**

☐ Cash (Please do not send cash through the mail.)

☐ Check or Money Order # _____

☐ Visa ☐ Mastercard ☐ American Express

Staff Use Only

Authorization (Ref) #: _____

For
mail-
in
only

Card #: _____ Expires: _____

Name as it appears on card: _____

Signature: _____

ASSUMPTION OF RISK AND RELEASE: I hereby give my consent as a participant or for the above-named participant(s) to participate in the program(s) listed above being conducted or co-sponsored by Seattle Parks and Recreation and declare that I will not hold the City of Seattle, Seattle Parks and Recreation, Seattle Parks and Recreation's employees, Advisory Council, or any volunteer associated with the program, responsible for any injuries, damage or personal loss incurred while participating in said program(s).

Signed: _____ Date: _____